## Caregiver Support Groups Lifespan Respite

## OFFICE ON AGING PO BOX 4210 HELENA, MT 59624

**Billings** 

Caretime Support Group for Caregivers Adult Resource Alliance of Yellowstone County 1505 Avenue  $D-2^{nd}$  floor

(406) 259-5212 (JoDee)

Alzheimer Association Support Group

Billings Clinic Downtown

Basement Room 1 801 North 29<sup>th</sup> Street

(406) 690-2468 (Ramona) 657-4773

Alzheimer Association Support Group

Canyon Creek Memory Care

1785 Majestic Lane

(406) 281-8455 (Amy)

Marquis Grand Park Assisted Living

1221 28<sup>th</sup> Street West

(406) 652-6989 (Nadine)

West Park Village Assisted Living

2351 Solomon Avenue

2<sup>nd</sup> Floor Library

(406) 652-4886

Bozeman

**Bozeman Senior Center** 

807 N. Tracy

Bozeman, MT

(406) 586-2421 Judy

Alzheimer Support Group

Spring Creek Inn

1641 Hunters Way

Bozeman, MT

(406) 586-0074 (Alisha)

Monthly date varies 1 PM 2<sup>nd</sup> or 3<sup>rd</sup> Wednesday Call First

4<sup>th</sup> Monday

Noon

2<sup>nd</sup> & 4<sup>th</sup> Monday

11 AM

3<sup>rd</sup> Tuesday

2 PM

Call First

1<sup>st</sup> & 3<sup>rd</sup> Wednesday 2 PM

2<sup>nd</sup> Wednesday

1 PM

2<sup>nd</sup> & 4<sup>th</sup> Thursday

Noon

Butte Caregiver Support Group Belmont Senior Center 615 Mercury Butte, MT (406) 723-7773	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday	1 PM Call First
Alzheimer Association Support Group Marquis Vintage Suites 300 Mount Highland Drive Butte, MT (406) 494-0083 (Shelly)	3rd Tuesday	7 PM Call First
<b>Great Falls</b>		
Alzheimer Support Group Benefis Health System Senior Services Benefis Eastview Memory Care Unit 2621 15 <sup>th</sup> Avenue South Great Falls, MT 59405 (406) 455-5919 (Donna)	1 <sup>st</sup> Tuesday	1 PM
Alzheimer Association Support Group Missouri River Care & Rehab 1130 17 <sup>th</sup> Avenue South Great Falls, MT (406) 771-4500 (Courtney)	2 <sup>nd</sup> Thursday	6:30 PM
Cambridge of Great Falls 1109 6 <sup>th</sup> Avenue N Great Falls, MT (406)727-7151 (Kaitlynn)	3 <sup>rd</sup> Tuesday	7 PM Call First
Highgate Senior Living 3000 11 <sup>th</sup> Avenue South Great Falls, MT (406) 454-0991 (Sandy)	Last Wednesday	Noon Call First
Caregiver Support Group Benefis Sletten Cancer Institute Hope Room Great Falls, MT	3 <sup>rd</sup> Monday	Noon

<sup>\*</sup>Some support groups are being broadcast using video conferencing to towns throughout northcentral Montana. Call Karyn at 406-731-5588 for availability.

(406) 454-6980 (Jona)

Video conference Locations: Big Sandy Medical Center, Liberty Medical Center-Chester; Sweet Medical Center-Chinook; Teton Medical Center-Choteau; Pondera Medical Center-Conrad; Missouri River Medical Center-Fort Benton; Northern MT Hospital-

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Havre; Central Montana Medical Center – Lewistown; Phillips County Medical Center – Malta; and Marias Medical Center – Shelby.

**Hamilton** 

Bitterroot Valley Alzheimer's Support Group

South Living Room

Valley View Estates Health Care Center 1<sup>st</sup> & 3<sup>rd</sup> Fridays 1 PM

225 N. 8<sup>th</sup> Street Hamilton, MT

(406) 363-5690 (Katie)

Havre

Caregiver and Alzheimer Support Group Last Monday Noon

Northern Montana Care Center

24 13<sup>th</sup> Street

Havre, MT

(406) 262-1899 (Rachel or Ila)

**Helena** 

Caregiver Support Group 2<sup>nd</sup> Tuesday 5:30 PM

St. Peter's Hospital 2475 Broadway

Helena, MT

(406) 442-6314 (Judy) (Call first)

Touchmark on Saddle Drive 3<sup>rd</sup> Sunday 4 PM

Call First

915 Saddle Drive

Helena, MT Respite care available

(406) 449-4900 (Nanette)

Libby

Libby United Methodist Church Tuesday 2 PM

713 Main Avenue

Libby, MT

(406) 293-4937 (Dorothy)

(406)293-4522 (Church)

**Kalispell** 

TBI and Caregiver Support Group 2<sup>nd</sup> Monday 6 PM

Summit Conference Room

205 Sunnyview Lane

Kalispell, MT

(406) 756-4720

Buffalo Hill Terrace 3<sup>rd</sup> Monday 3 PM

40 Claremont Street

Kalispell, MT

(406) 752-9622 (Sally Kay)

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Missoula

Caregiver Support Group

Missoula Aging Services

337 Stephens

Missoula, MT

(406) 728-7682 (Sara)

Alzheimer's Association Support Group

2<sup>nd</sup> Wednesday

3<sup>rd</sup> Tuesday

Noon

4 PM

Summit Independent Living Center Conference Room

700 SW Higgins

Missoula, MT

(406) 549-3433 (Jackie)

Alzheimer's Association Support Group

4<sup>th</sup> Monday

6:30 PM

Missoula Senior Center 705 South Higgins

Missoula, MT

(406) 549-3433 (Jackie)

Caregiver Support Group and Education

Wednesdays

Noon

The Village Senior Residence

2815 Old Fort Road

Missoula, MT

(406)549-1300 (Sarah)

\*Location and time may vary

Call First\*

Polson

Alzheimer Caregiver Support Group

Presbyterian Church of Polson

301 4<sup>th</sup> Avenue E

Polson, MT

(406) 849-6207 (Arlene)

2<sup>nd</sup> Wednesday

1:30 PM

Cheerful Heart Cancer/Caregiver Support Group

2<sup>nd</sup> & 4<sup>th</sup> Monday

Noon

United Methodist Church

301 16<sup>th</sup> Avenue

Polson, MT

(406) 883-7284 or (406) 824-2868 (Tammy)

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## **Alzheimer's Telephone Support Group**

The Alzheimer Association, National Chapters provide a telephone support group for caregivers of individuals with Alzheimer's disease and related dementias. The purpose is to reach out to those caregivers who could benefit from a support group, yet find it difficult to travel to a meeting site or a meeting site is not available in your community.

For information about joining the telephone support group, call Kelli Moorehead, toll free: (800) 272-3900.

## **Caregivers Training**

The Montana State University Extension Offices offer an educational program designed to provide the tools needed for caregivers to take care of themselves so they can continue to be an even more effective caregiver. The class consists of six 2-hour sessions. Participants receive the Caregiver Helpbook, handouts and numerous resources.

For more information about caregiver training and support in your area, call:

- Aging and Disabilities Resource Center or the Area Agency on Aging at 1-800-551-3191
- Local County Extension Office for information about classes in your area <a href="http://www.msuextension.org/health/Powerful\_Tools.html">http://www.msuextension.org/health/Powerful\_Tools.html</a> <a href="http://www.powerfultoolsforcaregivers.org/book-store/">http://www.powerfultoolsforcaregivers.org/book-store/</a>

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